

INSIDE OUT

By Kathryn Chase Bryer
& Natasha Holmes

Music by Timothy Guillot

STUDY GUIDE



PROVIDED BY BIRMINGHAM CHILDREN'S THEATRE

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Performance Dates & How to Use This Guide

“Inside Out”
by Kathryn Chase Bryer & Natasha Holmes
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Performance Dates Available
August 18 - October 1, 2022
Thursdays - Fridays @ 9:30am at the BJCC
in the Playspace
Great for ages: 0-5

Tour Dates Available
Visit www.bct123.org for more information or to book a field trip today!

HOW TO USE THIS GUIDE

This classroom guide for “Inside Out” is designed for Alabama students in Kindergarten.

Use this guide to prepare for your trip to the theatre.

After the show, further the experience with activities that can be integrated into your current classroom curriculum.

(A list of State Standards covered can be found on page 6)

Lastly, we would love to hear from you! Please have your students fill out the “Post Show Response” form.

(All worksheets can be found in the “Study Guide Printables” packet provided)

Your Role as the Audience

Dear Audience Members,

Thank you for joining us for our next offering in BCT's new *Theatre for Very Young Audiences* series, *Inside Out!* Step into the Playspace, where through repetition, rhyme, song, and a lot of audience interaction, this show invites young kids to not just watch but experience creative storytelling.

Rules we want to make sure everyone is aware of:

- **Masks on!** (for anyone 2 years or older) When the CDC COVID Data Tracker classifies Jefferson County as a HIGH status county on their Community Transmission Scale, BCT's mask policy will be Masks Required in our Wee Folks Theatre. Our organization will continue to monitor community transmission rates for Jefferson County and update schools with any changes to this status. BCT's full Care Commitment can be found at <https://www.bct123.org/care-commitment>
- **Cell phones off!** And put away - this is an immersive show that asks its audiences to be engaged in the storytelling

In theatre, the audience is an extremely important part of our storytelling, and we need your help to make this the best show possible for you and your fellow audience members!

While the show is happening, DO

- Give your full attention to the actors and the story
- Feel free to laugh, gasp, and applaud!

And to make sure everyone can enjoy the show, we ask that you DON'T

- Talk to your friends and neighbors
- Wave, shout, or disrupt the performance

We hope you enjoy the show!

See you soon,

Birmingham Children's Theatre

About the Artists



KATHRYN CHASE BRYER: PLAYWRIGHT

Kathryn Bryer is the Associate Artistic Director for Imagination Stage in Bethesda, MD. She is a director and playwright with a long list of credits in professional theatre and film. Her playwriting credits include *Inside Out*, *Mouse on the Move* and *The Lion, Witch and the Wardrobe*. Production credits include *The Last Five Years*, *The Oldest Boy: A Play in Three Ceremonies*, *The Wolves*, *Cinderella*, *Balloonacy*, *Charlotte's Web*, *Peter and the Starcatcher*, Disney's *Beauty and the Beast*, *The Little Mermaid* & many many more! She received the Helen Hayes Award for Outstanding Director of a Musical *Fly By Night*.



NATASHA HOLMES: PLAYWRIGHT

Natasha studied English at King's College, London, graduating in 1994. She co-founded the international touring theatre company, *Tell Tale Hearts*. Natasha still loves to play and make up stories, although nowadays she plays more with words than puppets. She has specialised in researching both book and play ideas with children, developing their input into the creative process. Given this track record, it's not surprising that Natasha writes mainly for children and young people and enjoys experimenting with magical realism and fantasy. Her latest book, *The Changeling*, for upper middle grade is currently in development.



TIMOTHY GUILLOT: COMPOSER

Timothy Guillot is a playwright and composer from Washington, DC via New York. His plays, musicals, and original compositions have been read and performed in the US, Europe, and South Korea. His work has been read and performed at Center Theatre Group, Alliance Theatre, The Lark Playwrights' Center, Imagination Stage, Yale Cabaret, Forum Theatre, the Mead Theatre Lab, Source Festival, Capital Fringe Festival, and many others. He is the 2016 winner of the Dramatic Writing Prize from the Adirondack Shakespeare Company. At Imagination Stage, Tim's work as a composer on TVY plays *Mouse on the Move*, *Inside Out*, and *Blue* has been

remounted over 20 times at Imagination Stage. In 2017, *Inside Out* was performed at the ASSITEJ festival in South Korea, becoming the first American company to present in the festival's history. Tim lives in Alexandria, VA.

Synopsis & State Standards

SYNOPSIS

It's bedtime! But instead of getting ready for bed, two children use their imaginations to turn their room into a wonderland of mess! While playing dress-up, a glove becomes a dancing fish, a shirt becomes a fantastical creature, and a sock dance rocks the closet! In this interactive show, discover the joy of turning things inside out!

STATE STANDARDS

Students will:

R1. Utilize active listening skills during discussion & conversation in pairs, small groups, or whole-class settings, following agreed-upon rules for participation.

R2. Use knowledge of phoneme-grapheme correspondences and word analysis skills to decode and encode words accurately.

R3. Expand background knowledge & build vocabulary through discussion, reading & writing.

R4. Use digital & electronic tools appropriately, safely, & ethically for research & writing, both individually & collaboratively.

R5. Utilize the writing process to plan, draft, revise, edit, & publish writings in various genres.

17. With guidance and support, orally utilize new academic, content-specific, grade-level vocabulary & relate new words to prior knowledge.

18. Identify new meanings for familiar words & apply them accurately.

19. Ask & answer questions about unfamiliar words in discussions and/or text.

Describe the relationship between words, including relating them to synonyms & antonyms.

20. Name & sort pictures of objects into categories based on common attributes while relating vocabulary to prior knowledge & building background knowledge.

21. Use new & previously-taught vocabulary to produce and expand complete sentences in shared language activities.

a. Use previously-taught vocabulary words, including nouns, verbs, & adjectives, in speaking & writing.

b. Use new words and phrases acquired through conversations, reading and being read to, & responding to text.

22. Use content knowledge built during read-alouds of informational texts by participating in content-specific discussions with peers and/or through drawing or writing.

23. With prompting & support, manipulate words and/or phrases to create simple sentences, including declarative & interrogative, to help build syntactic awareness & comprehension at the sentence level.

24. With prompting & support, identify common types of texts and their features, including literary, informational, fairy tale, & poetry.

25. With prompting and support, identify the topic of texts, using titles, headings, illustrations, and text clues.

26. With prompting & support, describe the relationship between illustrations & the text in which they appear.

27. Identify & describe the main story elements in a literary text.

With prompting & support, retell a text orally, including main character(s), setting, & important events in logical order.

28. With prompting & support, use text clues to determine main ideas & make predictions about an ending in a literary text.

Discussion

THE MANY POSSIBLE BENEFITS OF A SIBLING

Plenty of research points to the expected and unexpected perks that come with brothers and sisters. Contrary to popular belief, St. John Paul never said “a sibling is the greatest gift you can get your child.” For one thing, he was aware that many families are unable to provide siblings to their children, and that is okay. But he did describe how a new child is never a burden, but a “gift to its brothers, sisters, parents and entire family.” He is right, and increasingly, research — much of which author Mary Eberstadt collected in her newest book — shows how much siblings add to your life.

1. Siblings help you learn life skills. Eberstadt points out that we are leaning that wolves — and orcas and elephants and more — don’t live in “packs” “pods” or “herds” as we once thought. They live in families. For them and for us, “many of the cardinal lessons in life, those crucial to survival, are learned by observing and interacting with others of their kind — especially mothers and siblings.”

2. Siblings help you learn social skills. Eberstadt points out that other primates also rely on siblings. It has been observed that Rhesus monkeys with more siblings have more and better relationships with other monkeys. We see that in our own children. They learn how to handle conflict — how to handle a fight, and how to keep or restore the peace.

3. Siblings give you the benefits of birth order. Previous generations loved talking about how your birth order benefits you whether you’re an older mentor sibling, a middle child mediator, or a youngest child getting attention. Pew research notes this talk is largely irrelevant to many families now and cites an article saying middle children are “an American rarity, just when America could use them the most.” In fact, research shows that siblings learn empathy from one another regardless of birth order.

4. Siblings provide built-in playdates. Siblings “stop the scourge of loneliness,” says Eberstadt.

5. Siblings provide built-in babysitters. Many couples find it impossible to date because of the expense and hassle of finding a babysitter. We don’t have that problem — we have built-in babysitters now, and they will have them for life (see No. 7).

6. Siblings help build mental health. Falling family sizes have come alongside growing levels of mental illness, including anxiety, repetitive behaviors, and self-harm. These are the same kind of behaviors that zoos see in animals that are torn from their families, Eberstadt points out. It stands to reason: We are built for community and feel out of place without it. The kindness of others comforts us and their rough edges sharpen us.

7. Having siblings now means having uncles, aunts, and cousins later. Eberstadt points out that the fewer siblings now means future generations will lose the web of family relationships — aunts, uncles, cousins, and in-laws — that provide a crucial support system.

8. Siblings are lifelong friends. “The sibling relationship is the one familial relationship potentially capable of enduring across all or most of one’s life,” writes Eberstadt. From childhood to adulthood, she writes, siblings “serve as confidants and sources of nonjudgmental social support in times of stress.”

9. Having more siblings lowers your chance of divorce. A study Eberstadt cites shows that the likelihood of divorce later in life can be predicted by the number of siblings one has now: more siblings mean less divorce. Growing up seeing the opposite sex up close makes siblings “more confident and successful in the romance market,” she writes, and siblings teach you how to “share resources, bargain and take turns” — prerequisites for marriage.

10. Last: More siblings now means more options for elderly parents later. Elderly parents present challenges to their children: Who will take care of them? Who will bear the cost of professional care? Many hands make light work, and many siblings make it easier to deal with parents later on.

Activities

CRAFT

Create a sock puppet and bring it to life!

<https://www.littlebighappythings.com/how-to-make-sock-puppets/>

<https://www.wikihow.com/Make-a-Simple-Paper-Puppet>

COLORING

Design your own unique socks!

Print the coloring sheet from the study guide printables packet, page 2.

DRAW

Make your own stage design using the backdrop on page 3 of the study guide printables packet.



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THANKS FOR YOUR SUPPORT!

Questions? Contact Education & Engagement Coordinator,
Tramelle Shambray at tramelle@bct123.org
